The Force User Guide

Part 1

Meditations and Basic Skills

Basic Skills

Welcome to the world of the Force and of Jediism. This four part guide will explore all accepts of the Force, including theory, the skills, the mind of a Jedi, different views of the Force, morals and ethics of the Force, and more.

One might want to first know, what is this “Force”? Is it true force of nature? What makes it separate from what we know? Sadly, little is known about the exact nature of the Force. We can give a vague definition, calling it energy, but it is more than just energy. It is more than just life and death. It is what makes up the universe. It is the hand, and not of the path of the universe, what makes life possible, what controls our fate, and what binds us together as living beings. But for beginners, this definition makes little sense, so we will stick with the idea that the Force is energy, like the sun is energy, or the wind or yourself. You might find outside of this view, there are other names given by other cultures like “ki”, “prana”, and “chi”. These names are just words for what this article will believe as the same energy, but sometimes focusing on a different aspect or property of the energy. You might say that the Force is a combination of the different views about energy.

We don’t know where the Force came from. Perhaps it came with the beginning of the universe. Perhaps it was there before the universe came, if such a thing exists. We can’t know and anyone who tries to tell you otherwise is not to be believed. But there are some things we do know. As humans on this planet, and not on some mystical, far, far away galaxy that we can’t reach, we can feel the Force. Now not all humans can, as statistics goes in any group, but there is no proof that shows that all humans cannot feel the Force. Even though we have the potential to feel the Force, does not mean we all use it consciously. Please note that last word, as that separates a Jedi from all the rest of humanity.

We, since birth, have all felt and used the Force on an unconscious level. You just haven’t ever been taught to see it. Our “gut instincts” our “miracles” and our “just knew”,

somehow did the impossible", "it was an accident, I swear", aren't just coincidences. You unconsciously used the Force whether you believe you did or not. This guide will help you learn to take that unconscious control and turn it into something conscious and far more controlled.

Before you fill your head with images of the movies, lifting houses, tricking your parents into believing you did your homework, and winning the Olympics, realize that this guide will not make you a superhero, famous, rich, or even powerful. The movies were fiction and will remain fiction. It will take years, and I mean at least five to ten years of steady practice, studying, reading, and thinking, before you come anywhere near the best that humans have been able to do. You will learn real "powers" as in telekinesis, empathy and telepathy, as well as many other skills, but it will not be easy and it will require far more work than any book, movie, or other media source makes it seem. This guide is for beginners and will only help you with the first few steps. In order to become a said "master" of the Force, which is literally impossible, since the Force cannot be mastered, this guide will not bring you there. If you seek mastery of the Force at this stage, it is suggested that you wait until you have a better reason to learn to control and study the Force.

Finally, you might be wondering who am I to teach the Force to you and where do I get my research from. If you think of me as a master of Jediism or the Force, you are wrong by a long shot. There is far more for me to learn, but there are some things that I know that are worth passing to others. I have studied and practice the Force since the year 2000. I have self trained myself, trained in online groups, read countless articles, argued and debated theories and opinions, had my methods tested by others, trained others, and written many a page about the Force outside of this article. I ran a site called PsiWorld which no longer exists and co created Shifted Perspectives. There I taught psionics, a more science based view of the same energy that Jedi call the Force. I have trained in both psi and the Force. I have literally helped hundreds of teenagers and adults understand the Force and the skills that the Force allows us to perform. This guide comes from my years of experience, from the experience of others, and well tested methods and agreed on theories.

So here comes the actual guide. Please read each section carefully. You should read the guide several times over to make sure you understand and remember what is being taught. Practicing should be done in short intervals of no longer than thirty minutes or when tired. You should also make sure you practice most every day. Missing a day or two isn't the end of the world, but establishing a routine is a good idea. If you don't have a lot of time on your hands, know that you don't have to practice at the same time

every day. If you are careful and do your best, then this guide and the others will help you understand the Force. Remember, you control your outcome in this study.

I wish you the best and may the Force be with you.

Meditation

So often time meditation is misunderstood and simplified by society. We are taught that meditation is the clearing of the mind, the total and single control of our hyper brain. We, as normal average people, see this as a daunting feat that borders the impossible. What we do not know, but should know if we wish to understand the nature of the Force and how to harness the energy that makes us and the world that we see and experience, is that meditation is far more than just the clearing of our minds. This is just the first step.

Meditation is the conditioning of the mind in order to understand the universe and thyself. One can use meditation to solve a problem, to find out what is bothering oneself, to explore a concept more clearly, or to find simple peace for a time. Clearing one's mind allows the person to move on to these goals and it is far from impossible. If you find it still seems daunting, it is only because you are approaching the topic from the wrong angle.

First, let us talk about why meditation can be hard. One may not be aware of it, but we are surrounded by distractions. Our society has been set up to make sure we are rarely left in a quiet place with no one around us and nothing to hold our interest. We have TVs in most rooms of our houses, restaurants, classrooms, and even our workplace. Music is played in most stores. There are advertisements on the internet, TV, radio, billboards on highways, parking lots and so on. It is impossible to go anywhere and not be confronted with the "noise" of humanity. We are herd animals, scared to be alone and to be without sound from some source. We have been so overwhelmed, that we have to search for what is the most important and valuable us and our limited time and energy. Our minds have so much to take in, that we are never allowed to process the information or taught how to. Meditation will help you sort out, organize, and understand every last fact you see, hear, feel, taste, and touch.

People seem to think that meditation must be done sitting down, for hours, in utter silence, taking all fun and enjoyment from the moment. They see meditation as a chore, as a must do. That is the biggest mistake to make. Beginning with a negative mind set, a closed mind, and rejection of any progress that could be made, is a sure promise of failure and frustration. Meditation is a time of peace, of taking a breather, of a break from the speedy pace and stresses of life. It doesn't have to be done for hours

on end. Five minutes may be all you need. Nor do you need to be sitting cross-legged. You can be walking, writing, lying down, standing up, or really doing anything that is mindless and leaves you free to focus on the mind and immaterial world.

There is another misconception of meditation. People think that only the wise can learn. These people see from movies and such that meditation will lead to instant understanding of the universe and that the average Joe isn't suppose to be privileged to such knowledge. Anyone, Jedi or not, can meditate. They perhaps won't explore the nature of the Force, but they can learn why they feel a certain way.

The Jedi meditate so they can "hear" the Force. It is the first step to feeling the Force. As you progress, you will find yourself being able to quiet the mind in less than a minute. But you might find that when you start it can take a good ten minutes. Do not get discouraged. Quieting the mind after a lifetime of the hyperactivity of a squirrel on drugs is hardly an easy feat, but with the proper mind set and the understanding of how meditation works and why, it can be done, so long as it is practiced with consistency and patience.

Now that we have dissolved some common fears and myths, let's go into some meditations that one can do with the Force.

A Starter'ss Meditation

This is a common meditation for beginners. It is used to teach the student how to solve the "hyper mind" that we all suffer while not yawning in boredom. It will also teach your how to breathe. This meditation can be used help calm you down, center yourself, combat panic attacks, help with every day stress you may not be aware of, and can be used as a first step towards feeling the Force.

To start with the meditation, find a quiet room where you can sit or lay comfortably. Make sure you have dealt with body needs such as hunger or the bathroom as this will be highly distracting to beginners.

The next step is to focus on your breathing. Become aware of how you breathe. Notice that you breathe from the chest. When we were babies, we use to breathe from our bellies, taking deeper breaths of air. Now we are shallow breathers. So when you start to breathe, allow your stomach to rise and fall rather than your chest. From there, take in a slow deep breath for three seconds, hold it for a second or two and then breathe out slowly for six seconds. As you get better, you will be able to breathe in and out for even longer. Do not think or feel anything. Just focus on your breathing. Keep breathing for a few minutes and stop. You should notice how much calmer and more relaxed you feel. Your mind should feel freer and more open to ideas. Your body

should not bother you anymore. You might even notice that most of your worries and problems seem small, easy to deal with, and almost silly. If you don't feel this way, it's not a problem. Practice will help you achieve this.

Flowing with the Force

Like all meditations, the first step is calm yourself. You will need perfect peace of the mind and body in order to do this meditation. Practice the meditation mentioned above. This new meditation will require you to be able to do the basic Force skills. It is suggested that you first read the rest of the guide and return to this.

Open yourself to the Force as much as you can. Let it flow through and around you. Get comfortable with the feeling and flow of the Force. This is very important because you will have to trust the Force enough to let go and let the Force carry you along its current.

As you feel the Force flowing through you, be aware of the grip your mind has to yourself. Your mind will cling to Self, resisting the current of the Force. Let go and drift along with the Force. At first you will be very conscious that you are drifting and will notice things through the Force. This is normal, but not the point of the meditation. Do not think about what you are doing or where you are going. Don't think and just feel the Force. You should, after a few times, remember nothing except the Force.

This meditation will help you feel the Force more and will let you see the more subtle connects of life. You can this meditation to help you solve problems or come up with ideas.

Emotional Meditation

This meditation is for finding, confronting and getting rid of negative emotions. These emotions will block you from the Force.

You will want to sit or lay for this. You will need to first calm yourself and blank your mind. You might try visualizing a blank, black chalk board. Do not let your mind wander. Once both your mind and body are still, bring up an emotion. It can be any emotion, but it is recommended to pick one that is bothering you or keeping you from the Jedi peace. Feel that emotion to the fullest. Let the emotion fill you up until you think are going to be taken over it. Then take a deep breath, feeling the strongest part of the emotion and let the emotion out.

Imagine the emotion as a red mist that will flow through you to the ground or bed. As you breathe out, have that emotion flow out of you. You should notice a change in how you feel. You should feel calmer, but not calm. This is normal. Repeat the steps of feeling, breathing, visualizing, and directing the emotion out until you are calm.

Another version of this is to let the emotion keep rising through your body until it gets to your head. Do not stop there. Let it continue out of your body. This is the natural and healthy flow of emotional energy and it will get rid of the negativity.

If you are in a rush and are walking you can still meditate. This should be done if you are unable to stop for a minute you can still do a quick emotional meditation if you need some calm. Feel the emotion and imagine it as light and movable. Think of a breeze flowing through you. Let go of the emotion so that it can flow with the breeze and out of your body and mind.

The Mind

Before a Jedi student can learn about the Force and how to use it, one needs to get their mind in shape. The mind of a Jedi is very organized and centered. They can think ahead quickly. A Jedi can make huge decisions extremely fast. They are always aware of everything, everyone, themselves and the Force. In order to have this mind, a Jedi must be able to focus and silence their mind. If one is always thinking and feeling, one can't hear the whispers of the Force. If a Jedi lets their mind wander, they will not be aware of what is around them and may miss a warning or a feeling from the Force. In the world of today, many people have trouble focusing due to the noise, the lights, the colors and the many other distractions society had created. Our attention is often divided and fought over, we have learned to not focus on ourselves, but have to choose the most important to pay attention to. Remember that through becoming a Jedi, we learn to pay attention to everything about ourselves so to help others. We are so busy being entertained by the multi media that we have almost completely lost of concentration and therefore have lost our connection to nature and the Force. So learning to focus is the key to the Jedi mind.

Focusing

Find a quiet room with no distractions. May sure you have at least half an hour to an hour of promised alone time. Get into a comfortable position, but beware of lying down; falling asleep won't help. You may close your eyes or you can leave them open. Image a blank piece of paper or a blank wall. Keep thinking about that image and do not allow any other thoughts enter. If you find yourself beginning to think about things just tell yourself that you are not, and try again. See how long you can keep your mind blank.

You do not have to use the blank wall. Try listening to music and pick on instrument to focus on. You could focus on the drums for starters. As you get better at this you can add some distractions in. I strongly suggest that you add one at a time. Turn on some the television. Think of the blank wall while in a loud crowded room.

This exercise can be useful in many ways. This could be the start of your meditation. It will quiet your mind and shape your mind to be able to feel the Force. You can stop another Force user from knowing your surface thoughts by raising a shield. Blanking your thoughts may stop you from dreaming or from having nightmares.

Visualizing

The focusing exercise talked about above involves visualizing, which can be a hard skill for some beginners. Visualizing is the ability to see a mental image in your mind. It is not a Force skill, in that you must use the Force in some way to visualize, but is an everyday skill that is related to Force skills, and will be used for most methods in this guide. For those who can not visualize, you are not alone and there is another way to train, though it will not be mentioned in this guide. It is called tactile training, or known as touch training. Tactile training is a physical method that excites a response of energy in the system, like touching your hand to calm your mind to cause yourself to open up to the Force. It doesn't have to always be touch. If a sound or a smell can trigger the desired result and make you feel the Force that will work too. The only problem with this method is that person must watch out for bio-feed or getting false results. Visualization can be done using all senses. When you stare out a window in class thinking about that car you have always wanted, that is visualizing. For example: Try thinking of a car that you have always dreamed of owning. It can be a real car or an imaginary one.

Picture the whole car. Maybe it is tiny or maybe it's really long. Now mentally walk around the car. Look at all the sides. Now go inside the car to the driver's seat. Is the seat made out of leather? What are all the cool new features? Turn around and look at the back seat. Can you see it? If you can, you have just done visualizing. You can also try using your other senses. What does the metal feel like? The seats feel like? Does your car have that new car smell? Using as many senses as possible will greatly improve the lucidity of your visualizations.

This skill is greatly used by many Jedi. The technique will be used in feeling, gathering, grounding the Force, telepathy, scanning, and even telekinesis, so it is highly suggested that one makes sure they have mastered the skill.

Feeling the Force

There are many ways of feeling the Force. All Force users learn to feel it a different way. The constants seem to be that for beginners, they need a blank, calm mind that is not focused on anything. This leaves them open and willing to receive the energies of the Force.

Most people have felt the Force as a kid, but due to society, they have closed their mind, setting up mental barriers to keep the Force out. Society has taught us to close those barriers and to not explore them for various reasons. These reasons include fear of the Force that stems from lack of understanding or misunderstanding, jealousy, hate, or being fearful of the power you might have that others don't and the fact you might have control over them. We are also taught from an early age not to hear the Force, trust our gut feelings, or explore anything that is strange. It is through this reasoning that we build a mental shield that keeps us unaware of the Force except in certain situation that will discussed in another guide. In order to reopen yourself up to the Force you will have to take down these barriers. Here is one technique that has worked for many other people.

Think of a song, one that is calming. Play it through your head, or turn it on, but have the volume on quietly. Relax your mind and body. Stop thinking and feeling. Do not try to feel the Force or try to do anything. Just sit there and enjoy the moment of peace. If you are one of those who can't sit still or be quiet, try taking a breath, holding it for three seconds and then blow all the air out and then breathe in slowly. Repeat the song and breathing until you are calm.

Now, stare at air. Try looking at the space between you and your hand. You won't see anything, but that is not the point. Do not strain yourself and just space out a bit. Let the music help you by calming your mind and body. Let the music help you let go of any thoughts or stresses. Now pay attention to what you feel. Do you feel something around you, or in you feeling warm, tingly, a good feeling, possibly like your blood is rushing, but it isn't? You may feel an energy field that seems very close to you. If you feel any of these descriptions, you are feeling the Force.

Some people have found that strong emotions like anger, fear, and love can help you feel the Force. Although this is true, these emotions come from the dark side. Jedi find that with these emotions, it is hard to feel and control the Force. These emotions will cause uncontrolled reactions with the Force. When a new Force user is angry, objects around them or even in another room, tends to fall and break. With peace you will find it is easier to control the Force.

Recognizing the Force

Another skill there is essential to learning the basics is recognizing the feeling of the Force. People will feel the Force without noticing it. This happens because you are not aware of the Force and should teach yourself to recognize its feeling. Religious people say what you are feeling is the power of God. Some people feel it when they have a gut or strong feeling. As Jedi, we call it the Force, but you may yet still wish to call it another name.

In your first few months of training you will find that you often feel the Force for a few seconds without trying. This is a good sign. This means you are naturally starting to open yourself to the Force. This shows that you are learning how to quiet your mind and letting go of those barriers. Some people will find that at random times they will feel a strong, sometimes overwhelming surge of the Force. This happens because you lack control and will pass as you keep training.

Some people have the ability to see the Force around a person, object or place. They see an energy field that is called an aura. An aura will give you information about the person or energy. The aura of someone can tell you the person's mood. Generally green means calm, growing, happy and so on. Blue is calm or tranquil. Red means emotional upset and dangerous. Black is the most dangerous, generally hinting the breaking point of someone.

Gathering the Force

As you probably know, the Force is all around us. We are able to feel and call this energy to us. Because the Force is all around us there is no limit to how far we can gather from. So you can feel and gather the Force from all over the world, but that is impractical. For starters it is suggested that you practice on gathering energy from inside of you and then moving on to the outside of you.

There are two ways of feeling the Force. The first way is one you have already learned. It is the passive, opening, yourself up. The second one is the natural, but harder way. It is the active and conscious calling and gathering of the Force to and around you. Imagine energy around you and in you. You may want to imagine it as a mist. Envision this mist coming to you, by your own will. If you have trouble imagining the mist, make it green or blue. Open yourself to the Force and connect the feeling of the Force to the mist. Gather the Force from around and inside of you.

It is suggested that a Jedi learn not to gather the Force too much. This will lead to overloads, which can do damage, or in extreme cases kill people. One should never gather more energy than one's body and mind can handle. One should also never try to will the Force to do anything that this energy should not do naturally, since it leads to the dark side. It is better to open oneself to the Force, rather than bringing the Force to them.

One exercise you can practice is the making of a Force ball. Calm and open yourself up to the Force. Feel the Force flowing through and around you. Imagine the mist again and gather the Force to your body. Hold out your hands like you are holding a medium ball. When gathering the Force, focus the energy to inside your hands. Keep the Force in your hands tight and compact. You should be able to feel this. It may not feel as solid as it could. This is ok and will improve with practice. Some Force users have described their Force balls to feel like heat, or cold, and sometimes like a magnet, pulling your hands together, and some have reported feeling like the hands are being pulled apart. You may feel tingling in your hands and up your arms. This is fine.

Grounding the Force

There will be times you will not want to feel the Force, or not feel so much. Everyone has their own level of awareness to the Force. Some feel it more than others. Some end up feeling too much or will accidentally gather too much. There is also another kind of overload, called empathy overloads. More on empathy overloads will be explained in future guides.

Overloads are not a good thing because for the obvious reason that they don't feel good, also because they can cause long term harm to yourself and your connection to the Force. This is rare, and can be easily avoided by keeping yourself from overloading, learning what the signs are for an overload and how to ground. The signs for overloading usually are marked by unexplained headaches, tiredness (if the overload lasts for a long time), breaking things unnaturally, or extremely energetic. Sometimes you can feel the actually Force overloading your system. If you do not get rid of the excess energy your mind will automatically block you from feeling the Force in order to protect you.

If you find yourself or a friend feeling overloaded you need to go to a quiet, peaceful place and focus sending energy to the ground. Although there are many ways of getting rid of energy here are two methods. One is the golden roots method. Image standing still and image golden roots of energy going from you into the earth. Then picture the extra energy going from your body into the roots and to the ground. The second method is imaging the excess energy in you and moving it through your body, towards the ground. Remember to never panic when being overloaded. It can sound

hard, but fear will only make the situation worse and will make it harder to get rid of the energy.

Grounding will teach you how to recognize the feeling of the Force and how to control it. You don't have to get rid of all your energy. You can just get ground some of the way. This is good controlling practice because sometimes a little of the Force can go a long way. Grounding can also serve as a way of centering your mind and emotions, a first step to meditation. It can be used after a traumatic event or a hectic day. By allowing the flow of the Force down and out of your body, you carry away the negativity that blocks you from the Force and opens you to receive the natural flow of the Force.

Controlling the Force

For the first few months your control over the Force will have it ups and downs. Some days you will have near perfect control, and some days you may not even feel the Force. This is perfectly normal, and there is no reason to worry. It is like learning to walk. Sometimes the baby can stand, sometimes the baby will fall. Eventually the baby will be able to stand all the time after learning to control the muscles in his body, but it will take time. New Force users are no different. Some days your grip over the Force is going to be better than other days. This does not mean you have lost your skill. It means you need to keep practicing to fine tune your control. As you practice, your mind will learn to accept the Force and learn how to work with it and not against it. But, it is highly important to be consistent and to truly apply yourself when you meditate and practice, otherwise you will never reach your goal. The journey to the Force, for dark and light practitioners, has no short cuts. Even the so called Sith must practice their ways to use their abilities.

Should you find yourself struggling with one skill, take a break and then practice with a skill that is easier for you. This will boost your confidence and will mentally make the skill you are having trouble, seem easier.

Like any type of exercise you can get tired and need to take a break and get some water. Practicing psi is mental exercise. If you find yourself getting tired or sleepy, take a few hours break.

With any exercise you can hurt yourself, and possibly hurt your abilities for a long time, though you really have to push the limits. Headaches are the first and most common signs you need a break. Feeling drained all the time is another sign. Unexplained weakness in abilities is a major sign that you need to take a month off from practice. You can really hurt your mind and I know, because I did this. Even after months and months of not practicing much I still got bad headaches. If you keep practicing beyond what your mind can handle, you can cause long term damage. Some signs of long term

damage are: Your connection to the Force will weaken or, at times, disappear; headaches will come constantly and will increase with intensity. This damage can be healed, but it won't be easy.

Patience

Going with the idea of the baby learning to walk, a new student will not be able to everything at once. Practice is really needed, but even more importantly, patience is required for using the Force. No baby can learn to run until it has learned to crawl. No Force user can learn telekinesis without learning how to feel the Force. There are no true short cuts when it comes to learning to use the Force. Even if a student finds a way to skip several steps, it is not a good thing. Some of these steps may seem pointless, but there is always a point. Gathering the Force into a ball in your hand does not seem like a big deal, but it increases your control. Being impatient brings greed which is part of the dark side. Force users who are impatient for more access and ability to use the Force have a tendency to be power hungry. It is not unusual for a beginner to have a brief period of "power hungry". This will be outgrown, but such behavior should be carefully watched in case it is not outgrown.

Remember, the Force will always be there. It is up to the Jedi to be aware of the feeling and the flow. If a Jedi listen to the Force, they can learn quite a bit, but in order to do, a Jedi student must learn their basic skills. It will take time, energy and commitment, but it is well worth it. May the Force be with you and as you journey.